



Canoe Brook Connections Upcoming Events, Activities, Trips July and August 2014



Summer Fun!

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The Center is closed on Friday, July 4 in observance of Independence Day.

July and August *hot fun in the summer...come enjoy in air conditioned splendor!*

There is something for everyone, check it out!

- | | | |
|---|--|--|
| ◆ Smart Driver 7/8 | ◆ Jewelry, Lunch Bunch 7/23 | ◆ Brain Bashers, Lunch/Movie 8/15 |
| ◆ <u>Trip</u> : Horses, Supplements Talk 7/9 | ◆ <u>Trip</u> : XPECT, Crochet/Knit Hats 7/24 | ◆ Emergency Preparedness 8/18 |
| ◆ <u>Trip</u> : BonTon, Cozies, Smartphone 7/10 | ◆ Ballroom Line Dance, No Lunch 7/25 | ◆ Fidelco Guide Dog 8/19 |
| ◆ Brain Bashers 7/11 | ◆ <u>Trip</u> : Mystic 7/30 | ◆ Jewelry, Tablet Touch 8/20 |
| ◆ Table Topics, Genealogy 7/14 | ◆ Knit/Crochet Hats, Intro Comp 7/31 | ◆ <u>Trip</u> : CT Open, Blood Pressure 8/21 |
| ◆ "Bread & Tulips," Low Vision 7/15 | ◆ Internet Basics 8/1, Genealogy 8/4 | ◆ Movie: Bill Cunningham NY 8/22 |
| ◆ Starting the Conversation, Jewelry 7/16 | ◆ Low Vision 8/5, Table Topics 8/11 | ◆ Jewelry, <u>Trip</u> : Big Y Lecture 8/25 |
| ◆ Cozies, Blood Pressure 7/17 | ◆ New Bfst, Hot Topics, Book Club 8/12 | ◆ <u>Trip</u> : Newport Playhouse 8/27 |
| ◆ Lunch/Movie 7/18, Xmas in July 7/21 | ◆ <u>Trip</u> : Wolf 8/13 | ◆ Lunch Bunch 8/28 |
| ◆ Health Lit, Hot Topics, Book Club 7/22 | ◆ <u>Trip</u> : Job Lot, Tutu Bag, Smartphone 8/14 | ◆ Legacies of White Gold, Ballroom 8/29 |

Transportation is available to Canoe Brook for activities, events, shopping, and medical appointments, call Gina! All new riders must meet with Gina prior to scheduling a ride. Click here for our: [Transportation Brochure](#) . A hot lunch is served daily at 11:45 a.m. (suggested donation: \$3.00, make a reservation w/Maureen in the kitchen) .

Starting the Conversation: Have you ever thought "I should probably let my kids know..." but don't quite know how to broach sensitive or emotional issues? Come to a workshop by Gerontologist, Donna Fedus on how to begin **sensitive conversations** on topics such as forgetfulness, driving, future living arrangements, even end of life choices to name a few. You will take away useful information & tools on how to retain control by "Starting the Conversation" **July 16 at 2:00**. Contact Marlowe to register 203-315-0682

Branford Medical Transportation needs some help! Do you or someone you know have one day a month to help your fellow neighbors in need? Please consider joining our team of volunteer drivers, we need to grow our team to meet the increasing demand for medical transportation. The service is invaluable to those who use it and drivers find it very rewarding. You provide the manpower, we provide the cars & insurance. Call Gina 315-0682 for more info.

Tech Tutor Alex: will continue through the summer as he seeks a full time job. As of July 1 we will be charging \$5 per one hour session as he no longer qualifies for grant funding. Contact Wendy to make an appointment .

Renters Rebate: Appointment letters are being sent out to those who applied last year, if you are new to the program or want more information please call Erica (203-315-0186) or Marlowe (203-315-0682).

Branford Elderly Commission: Meets quarterly at the Center; the next meeting is **5:00 p.m. Oct 2** at the Center. Agendas, minutes, members, and meeting changes/cancellations are posted on the Town's website. The Commission welcomes your input; a locked Comment Box is located outside the Front Office. (Please include your contact info on your submission so the Commission may follow up and respond to your comments.)

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branford-ct.gov/senior.htm

Advance registration required for *all* events

Call Nancy at 203-315-0684 to register.

TRIAD Tip of the Month: *Do Not Call Registry*: To stop receiving telemarketing calls register at 1-888-382-1222 or visit www.donotcall.gov. By calling this number you can also avoid getting unwanted commercial text advertisements in addition to commercial phone solicitations.

Golf at Alling Memorial Golf Club (35 Eastern St, New Haven) at 9:30 a.m. - Contact Nancy for the details if you are interested in playing. We will play on Wednesdays when tournaments aren't scheduled.

Fiber Notes: Nancy is looking for 7/8" wide pink ribbon (4 yds.) and pink/white tulle (25 yds./6"wide)

Tennis Anyone? - Are you a tennis player and you don't have anyone to play with? Contact Nancy if you are interested in connecting with a Canoe Brook participant.

Looking for a Moderator to Lead Hot Topics - Interested in current events? Speak to Nancy.

July 2014

- Tue Jul 1** **Parla Italiano?** - Is your first language Italian and you don't have anyone to speak the language with? There is a small group of people who will be coming to the Center on Tuesday mornings to converse in the language. All are welcome to join. **10:30 a.m.**
- Wed Jul 2** **Not So Pro Musical Jammers** - Join a group of amateur musicians who get together Wednesday afternoons at 1:00 p.m. to jam, make music & have a laugh along the way! We encourage a relaxed, comfortable & supportive environment, where everyone participates. It's a great opportunity to practice your skills with other musicians! Non-musicians are welcome to come & listen. **1:00 - 2:00 p.m.**
- Thu Jul 3** **Bocce** - Interested in playing? We have formed another group to play every Thursday afternoon at 1:00 p.m. All are welcome to play. Instruction is available if you don't know how to play. **1:00 p.m.**
- Mon Jul 7** **Tai Chi Silk Reeling (Chan Ssu Jing) with Alanna Keating Every Monday-** Silk reeling movements are slow, benefit the whole body, increase one's flexibility, joint movement & balance. **9:30 - 10:30 a.m.**
- Tue Jul 8** **Smart Driver** - Upon completion of this course, you will receive a certificate to present to your insurance company for a discount. Fee structure: \$15 AARP members, \$20 all others. AARP members must bring their AARP card to class to receive the discount. Seating is limited. Pre-register with Nancy. Pay the day of class and make your check payable to AARP. **5:30 - 9:30 p.m.**
- Wed Jul 9** **Supplementation: To Supplement or Not?** - Annette Hise, MBA, R.D. will speak on this subject. If you would like to have lunch during her talk, the menu is as follows: spaghetti with chicken meatball and marinara, tossed salad with dressing, garlic bread, cranberry juice, Italian ice, milk & coffee/tea. Contact Maureen by noon on 7/8 at 203-315-0685 to make a reservation. Suggested donation is \$3. **11:45 a.m.**
- Thu Jul 10** **Mini Trip to Bon Ton/JoAnn's/Dollar Store/Marshall's and more in Hamden** - Reservations with payment must be made in advance with Wendy or Nancy. **Price: \$2** **9:00 a.m. - 12:30 p.m.**
- Thu Jul 10** **Knitting Nook** - Knit or crochet a wine bottle cozy. For knitters bring size US 7 (4.5 mm) knitting needles, cable needle & stitch holder, to crochet bring a 5mm crochet hook (H/8) and if you have a yarn needle bring this as well. We provide you with the yarn & the pattern, make one for the Center leaving with the knowledge of how to create the wine cozy at home. Class will also meet on 7/17. **10:00 a.m.**
- Fri Jul 11** **Brain Bashers** - Brain games - *thinkable fun* with Nancy! Expand your memory, reasoning, creative thinking & more! **9:00 a.m.**
- Mon Jul 14** **Table Topics** - Enjoy fun engaging questions: *How would you like to spend your elder years or what was the last thing that you cried about?* Join in the conversation! **10:30 a.m.**
- Mon Jul 14** **Genealogy** - Get together with your peers & our computer coaches to discuss and share your genealogy findings. Sign-up with Wendy in advance. **1:00 p.m.**
- Tue Jul 15** **"Pane e Tulipani" (Film: "Bread and Tulips")** - After being forgotten in a highway café during a bus trip, a housewife decides to start a new life by herself in Venice. This comedy/romance is rated PG-13. It is in Italian with English subtitles. **10:00 a.m.**

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- Tue Jul 15** **Eye Opening Low Vision Support Group** - Maureen Carr, retired Blind Rehabilitation Therapist, is committed to providing on going support/education for those who are dealing with low vision. **1:00 p.m.**
- Wed Jul 16** **Jewelry Making: Learn How to Restrung Your Pearls** - Do you have a strand of pearls where the string has frayed? Bring in your pearls & a hat pin to learn how to knot in between the pearls. If you have your own beading thread bring it to class. Register by 6/11 for this FREE class. **10:00 a.m.**
- Thu Jul 17** **Free Blood Pressure Clinic with Geri Dwarica, RN, VNA Community Healthcare** - No appointment is necessary. Regular blood pressure screenings help keep your numbers under control. Be proactive with your health! **12:00 - 1:00 p.m.**
- Fri Jul 18** **Lunch & a Movie** - Choice of tuna melt with Swiss cheese or ham & cheese grilled on rye with mustard, pasta salad & cold beverage. Film: "*Philomena*" starring Judi Dench and Steve Coogan. Floundering BBC journalist Martin Sixsmith and aging Irishwoman Philomena Lee form an unlikely bond when they pair up to find the son she was forced to give up for adoption 50 years ago. **Rated:** PG - 13 Sign-up with payment by 7/16. **Price: \$6** **12:00 - 2:30 p.m.**
- Mon Jul 21** **Christmas in July** - It's never too early to start shopping for that special someone for the holidays. All items for sale are half price from last year . . . such deals only at Canoe Brook! On display for sale will be hand made jewelry, paintings, knitted and crochet items. We will also have an in house raffle. **10:00 a.m. - 2:00 p.m.**
- Tue Jul 22** **Health Literacy: Talking to your doctor** - Learn how to communicate to your doctor and other medical professionals whether at a check-up or at the emergency room. Know the best way to get the best medical care. Join the East Shore District Health Department's team of educators for a lively discussion and activities. Sign-up by 7/18. **11:00 a.m.**
- Tue Jul 22** **Hot Topics: What's on your mind?** Enjoy stirring, intelligent, conversation and the exchange of views with others. Discuss what's going on in the news . . . no topic is off limits to this group. **12:30 p.m.**
- Tue Jul 22** **Readers Choice Book Club** - Read "*The Zookeeper's Wife*" by Diane Ackerman. After their zoo was bombed, Polish zookeepers Jan and Antonina Zabinski managed to save over three hundred people from the Nazis by hiding refugees in the empty animal cages. The author combines extensive research and an exuberant writing style to re-create this fascinating, forgotten, true-life story - sharing Antonina's life as "the zookeeper's wife," while examining the disturbing obsessions at the core of Nazism. Pick up a copy of this book from Nancy. **1:30 p.m.**
- Wed Jul 23** **Beaded Cell Phone Holder** - We have beads galore! Help is needed to string the beads. These will be sold at the craft fair in November. Sign-up with Nancy by 7/18 for this workshop. **10:00 a.m.**
- Wed Jul 23** **Lunch Bunch** - Meet friends, make new acquaintances and enjoy good conversations over lunch at the Lobster Shack (7 Indian Neck Avenue). Enjoy freshly caught lobster & clams (there are a couple of non-seafood items on the menu), eat by the water & enjoy the breathtaking view. **RSVP to Nancy by 7/18. Pay on your own.** **12:00 - 1:45 p.m.**
- Thu Jul 24** **Mini Trip to Xpect Discounts and Hobby Lobby in East Haven** - Reservations with payment must be made in advance with Wendy or Nancy. **Price: \$2** **9:00 a.m. - 12:30 p.m.**
- Thu Jul 24** **Knitting Nook** - Knit or crochet a hat. Contact Nancy for what size needles/crochet hook you need to bring to class. Class will also meet on 7/31 **10:00 a.m.**
- Fri Jul 25** **Ballroom Line Dancing Where You Do Not Need a Partner to Dance With!** - We provide you with a dance outlet without having to have a dance partner for the following dance styles: tango, waltz, cha cha, samba, mambo, rumba, Charleston, meringue, foxtrot, jazz and polka. Volunteer Laverne McKenzie will lead you with easy instructions to execute these dances with ease! Sign-up by 7/23. **1:30 p.m.**

Reminder: Register for all programs, *sometimes programs are cancelled because no one told us they were coming.*

Advance registration required for *all* events

Call Nancy at 203-315-0684 to register.

August 2014

- Tue Aug 5** **Eye Opening Low Vision Support Group** - Maureen Carr, retired Blind Rehabilitation Therapist, is committed to providing on going support/education for those who are dealing with low vision. **1:00 p.m.**
- Mon Aug 11** **Table Topics** - Enjoy fun engaging questions: *Was high school a positive or negative experience for you or which of your ancestors would you most like to meet?* **10:30 a.m.**
- Tue Aug 12** **Newcomers Continental Breakfast** - For those of you have joined the Center from May 6 through this month, we invite you to attend this informational continental breakfast to find out first hand about activities & services that are available to you! RSVP to Nancy by August 1st. **9:00 a.m.**
- Tue Aug 12** **Hot Topics: What's on your mind?** Enjoy stirring, intelligent, conversation and the exchange of views with others. Discuss what's going on in the news . . . no topic is off limits to this group. **12:30 p.m.**
- Tue Aug 12** **Readers Choice Book Club** - Read "*Last Days of Ptolomy Grey*" by Walter Mosley. A major literary event-nothing short of a "tour de force" (*New York Times*). Pick up this book from Nancy. **1:30 p.m.**
- Thu Aug 14** **Mini Trip to Ocean State Job Lot in East Haven** - Reservations with payment must be made in advance with Wendy or Nancy. **Price: \$2 9:00 a.m. - 12:30 p.m.**
- Thu Aug 14** **Knitting Nook** - *Tutu Cute Crochet Bag* - Bring a size J-10 (6mm) crochet hook to class. Make this super adorable fun bag that is creatively crocheted from tulle rather than yarn, giving it a distinctive look. Sign-up with Nancy by 7/31. Class will also meet on 8/21 and 8/28. **10:00 a.m.**
- Fri Aug 15** **Brain Bashers** - Engage in cognitively stimulating activities with Nancy. **9:00 a.m.**
- Fri Aug 15** **Lunch & a Movie** - Choice of sausage, pepper & onion grinder or chicken parmesan grinder, garden salad & cold beverage. Film: "*The Grand Budapest Hotel*" stars Ralph Fiennes, Adrien Brody, Willem Dafoe & more! It is the adventures of Gustave H; a legendary concierge at a famous European hotel, & Zero Moustafa, the lobby boy. **Rated: R** Sign-up w/payment by 8/12. **Price: \$6 12:00 - 2:30 p.m.**
- Mon Aug 18** **Emergency Preparedness** - Do you have a way to keep informed during an emergency? Do you have a plan? Do you have a kit? Being prepared is the #1 way to improve your chances of getting through a disaster whether it's weather related or man-made. Join Stephen Tyliczszak, Emergency Preparedness Coordinator for ESDHD and be in the know! **10:30 a.m.**
- Tue Aug 19** **Fidelco Service Dog** - Meet Keira, a puppy being trained by puppy raiser Jade Giuggio. Learn what it takes to foster a dog before he/she goes to "work" for a person with a disability. Sign-up for this informational talk by 8/13. **1:00 p.m.**
- Wed Aug 20** **Jewelry Making** - Help make earrings to be sold at fair. If you have jewelry tools, please bring them to this workshop. **10:00 a.m.**
- Thu Aug 21** **Free Blood Pressure Clinic Provided by the VNA** - No appointment is necessary. **12:00 - 1:00 p.m.**
- Fri Aug 22** **Bill Cunningham New York** - This documentary is a funny and poignant portrait of a photographer and cultural anthropologist who has been chronicling fashion trends/high-society for decades. **10:00 a.m.**
- Mon Aug 25** **Jewelry Making** - Make beaded bracelets. Sign-up for this workshop by 8/20. **10:30 a.m.**
- Thu Aug 28** **Lunch Bunch** - Enjoy good conversations over lunch at Branford's favorite waterfront restaurant Nellie Greens (50 Maple St). Enjoy the quaint setting with dining on the outdoor patio. **RSVP to Nancy by 8/22. Pay on your own. 12:00 p.m.**
- Fri Aug 29** **Legacies of White Gold** - This documentary examines the history of ivory processing in the CT village of Ivoryton. It discusses the effect that this industry had in Africa, source of the ivory processed. **10 a.m.**
- Fri Aug 29** **Ballroom Line Dancing: No partner is needed to dance with!** - We provide you with a dance outlet for the following dance styles: tango, waltz, cha cha, samba, mambo, rumba, Charleston, meringue, foxtrot, jazz and polka. Sign-up by 8/27. **1:30 p.m.**

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UPCOMING TRIPS

For transportation to the Center for a trip please notify us when making your reservation and we will gladly make arrangements to pick you up and bring you home. If driving to the Center on your own for a trip, please park in the rear of the lot. Cash or checks (no credit cards), Make checks payable to: **Canoe Brook-Town of Branford**

- **Reservations are made by dropping off full payment-checks or cash only-to any staff member.**
- **Full payment is due to secure your reservation (unless otherwise noted).**
- **If we receive your reservation and a trip is sold out we will notify you that you have been placed on a waiting list, and payment received will be returned to you.**
- **People will be seated together on busses and theaters as they indicate when making payment.**
- **If a guest will be traveling with you please list them as your traveling companion and include their payment (in full) with your payment.**
- **Cancellation policy: There will be no refunds unless there is a waiting list at the time of cancellation.**
- **Please note: For day trips you need to arrive at least 15 minutes prior to departure time.**
- **Detailed flyers for trips are available from Nancy.**

Suffolk Downs E. Boston, MA - Wednesday, July 9 - Leave 9:00 a.m., return by 7:00 p.m. (waiting list) **Price: \$56**

Olde Mystic Village and take a ride aboard the Steamboat Sabino - Wed, July 30 - Leave 2:00 p.m., return by 8:00 p.m. - Stroll through Mystic Village, shop and buy dinner (on your own) to bring on the boat. (Waiting list) **Price: \$40**

Wolf Conservation Center in South Salem, NY with lunch (pay on your own) at Dimitri's in Ridgefield, CT - Wed, Aug 13 - Leave 8:45 a.m., return by 2:45 p.m. Learn about wolves of North America, view the wolves in the enclosures. Observe their behavior & howl with them. To enter the Center from the road, you must be able to walk uphill 200 yards. If you have a problem walking, talk to Nancy. **Price: \$40**

Connecticut Open at Yale - Thursday, August 21 - Depart 11:00 a.m., return by 5:00 p.m. - Quarter finals are played on this date. Lunch on your own. (Waiting list) **Price: \$48**

Take an Educational Tour at the Big Y - Monday, August 25 - Depart 2:20 p.m., return by 4:00 p.m. Take an educational tour with Kittie Spedding, Consulting Dietician. The topic is "*Building Healthy Meals*" and each participant will receive a goodie bag and handouts. Space is limited. Sign-up early with Nancy. **FREE**

Newport Playhouse and Cabaret Restaurant - Wed, Aug. 27 - Leave 9:00 a.m., return by 6:30 p.m. - Buffet luncheon followed by the comedy "*Murder at the Howard Johnson's*" in their intimate theater. Afterwards, enjoy a fun-filled cabaret show in the dining room. **Price: \$80**

Lady Bea Cruise Boat on the CT River with Lunch at the Dockside Restaurant in South Hadley, MA - Wed, Sept. 3 - Depart 9:00 a.m., return by 4:00 p.m. - Take a 75 minute narrated cruise up the CT River to Northampton where the view is breathtaking! The pristine waters, unspoiled views, and unmatched history will be a truly enjoyable experience for all! The restaurant is located at the marina. **Pay for lunch on your own.** Individual checks will be available. **Price: \$47**

Museum at Bethel Woods with Lunch at The Brick House in Bethel Woods, NY - Wed, Sept. 17 - Depart 9:00 a.m., Return by 6:00 p.m. - Take a docent led tour with plenty of time to explore on your own. History comes alive with film, interactive exhibits, text panels and artifacts celebrating the 1969 Woodstock Music & Art Fair and the entire decade that it came to represent. Lunch is included. Check back with Nancy on the entrée choices. **Price: \$77**

Yale Center for British Art - "Making Sense of Art: A Participation Program" - Three Part Series - Wed, Oct. 8, 22 & Nov. 5 - Depart 1:30 p.m., return by 3:30 p.m. - Exhibits to be viewed are High Society, Sense of Places, Animals & Seascapes. It is important to attend all three parts of this series. **Price: \$20**

Fall Foliage in Litchfield - Wed, Oct. 15 - Depart 8:30 a.m., return by 3:30 p.m. - Tour the neighborhoods of Litchfield & then tour the Tapping Reeve House (the oldest law school from the early 19th century) and the Litchfield History Museum where you will explore the evolution of a small New England town. Lunch will be at the White Horse Country Pub in New Preston-Marble Dale, the Township of Washington along the Aspetuck River. Enjoy viewing the many artifacts in the restaurant; many of them are of British roots. Lunch: Side salad with a choice of sandwiches (sautéed breast of chicken, drunken croquet monsieur - ham, corned beef reuben **or** veggie burger), Banoffi pie & soda/coffee/tea. **Price: \$59**

National September 11 Memorial & Museum in NYC - Tue, Oct 28 - Leave 7:30 a.m., return 6:30 p.m. - Take a docent led tour to see this tribute to the nearly 3,000 people killed in the attacks. On the exhibition level, you will pass alongside the Vesey Street stair remnant, the historic "*Survivor Stairs.*" You will have time to explore the museum on your own. View the Memorial Plaza Pools with lunch at Bill's Bar Burger (choice of hamburger, turkey burger or veggie burger, served with salad, fried pickles & peppers, French fries, dessert and coffee/tea). St. Paul's Chapel is our final stop where you will find the "*Healing Hearts & Mind Exhibit.*" It was turned into a makeshift memorial shrine after the 9/11 attacks. **Price: \$103**

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Course Descriptions

Smartphone Savvy Meeting 7/10

Free

Android and iPhone users monthly meeting. Are you a new user? Please join us. This fun and informative group is a great way to connect and share with your smartphone peers.

Genealogy Group 7/14

Free

This wonderful group has been meeting and growing for over a year now! Join the group and discover the **Great** job the members have done researching and compiling information.

A special Thanks to Rita Santoroski for sharing her passion and dedication to this program.

Plan on attending?

Please be sure to sign up with Wendy or Nancy

Back to Basics -Where it all begins! 7/31 1 session

Take the first step and join the computer world that affects our everyday lives! Computers can be fun and an extremely helpful avenue for research on any subject via the internet (the information highway). We will help you get past the fear of using a computer. Just remember it can only do what you command it to do! You are in charge!

August Classes

Navigating the Internet 8/1 1 session

It's just a click away! Learn how it works and how to use the internet for research, shopping, banking, news, travel, health, games, sports and so much more! You will learn how to navigate around a website, parts of the homepage, how to use search engines and keywords too.

This a great refresher course too!

Genealogy Group 8/4

Free

Smartphone Savvy Meeting 8/14

Free

Tablet Touch 8/20 *New*

1 session

Tap on and into your touch screen. Learn and practice some easy dexterity skills to get the most out of your tablet device.

(You must provide your own tablet for this class)

Tech Tutor Alex: has graduated from Fairfield and is actively pursuing full-time employment. In the interim he will continue to provide one on one tutoring at Canoe Brook. (As of July 1 we will be charging \$5 per one hour session as he no longer qualifies for grant funding.)

Contact Wendy to make an appointment .

Computer Lab Class Schedule

Pre-registration required

Contact Wendy at 203-315-0687 or stop in to sign up for a class. Must be a member of Canoe Brook (Branford resident, age 60+)

Fees: \$5. (per 2-hour session), \$10. (2 sessions)

Note: All classes now require the use of a USB flash drive. They cost about \$10 and can be purchased at Wal-Mart, Staples, or FedEx Kinko's. Please purchase a 1 or 2 gb USB flash drive prior to your first class.

Lab closes 30 minutes prior to each class. **Note:** Pre-registration is required for all classes, including those that are **free**.

<u>Date</u>	<u>Course</u>	<u>Time</u>	<u>Code</u>
7/10	Smartphone Savvy	2-4 pm	C306
7/14	Genealogy Group	1-3 pm	C307
7/31	Back to Basics	2-4 pm	C308
8/1	Navigating the Internet	2-4 pm	C309
8/4	Genealogy Group	1-3 pm	C310
8/14	Smartphone Savvy	2-4 pm	C311
8/20	Tablet Touch	2-4 pm	C312

Reminder: Please sign up for all classes and monthly meetings including free sessions! Class sizes are limited and we also need to know who to contact in the event of cancellation, Thanks!

Using Your Digital Camera (by appointment) C313

Need some help exploring all that your digital camera is capable of? One-on-one coaching is available Tuesdays, by appointment only. Call Wendy to schedule an appointment with Charlie our digital camera techspert!

Use your USB flash drive! Our computers are public computers and none of your personal documents can be stored on the C drive. Hard drives are automatically scanned daily and all personal documents are deleted.

Protect your info by regularly using your flash drive to store your info. Use it or lose it! :)

Stop by and use the Lab to practice!

The Computer Lab is available for you to use when there is not a class in session. No cell phones, or food and drink in the lab. Thanks!

Computer Lab Printer Usage:

15 cents per page for the black and white printer.

Have you ever wanted to satisfy your desire to teach and enlighten others? Did you miss your opportunity?

It's never to late to learn or to satisfy your curiosity.

The opportunity is here for you at Canoe Brook Center.

Learn how to become a Volunteer Computer Instructor to your peers. Wendy will help you develop your desire to share your knowledge with others and answer the burning question, "Do I have what it takes to be a teacher, can I really make a difference?" "What's *in* your bucket list?"

All class curriculum & instructions are provided.

Canoe Brook Calendar July 2014 Special Events & Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<u>A Reminder: Fitness & Activity Fees Due</u>	1 10:30 Italian Conversation every Tue	2 1:00 Musical Jammers every Wednesday	3 1:00 Bocce every Thursday	4 Independence Day ** Center is Closed**	5
6	7	8 5:30 AARP Smart Driver Class	9 9:00 Trip: Suffolk Downs 11:45 Supplements Talk	10 9:00 Trip: Bonton 10:00 Bottle Cozies 2:00 Smartphone Savvy	11 9:00 Brain Bashers	12
13	14 10:30 Table Topics 1:00 Genealogy	15 No Tai Chi Class 10:00 "Bread and Tulips" 1:00 Low Vision	16 10:00 Jewelry Restrung 2:00 "Starting the Conversation" w/Donna Feddus, Gerontologist	17 No Tai Chi Class 10:00 Bottle Cozies 12:00 Blood Pressure	18 12:00 Lunch & a Movie:"Philomena" w/ Judi Dench	19
20	21 10:30 Christmas in July Bargains galore!	22 No Tai Chi Class 11:00 Talking to your Dr. 12:30 Hot Topics 1:30 Book Club	23 10:00 Cell Phone Holders 12:00 Lunch Bunch	24 No Tai Chi Class 9:00 Trip: Xpect 10:00 Knit/crochet hats Kitchen Closed at 1:00 p.m.	25 No Lunch Program 1:00 Ballroom Line Dancing	26
27	28	29	30 Trip: Mystic	31 10:00 Knit/crochet hat 2:00 Intro to Comp		

Schedule of Daily Activities

MONDAY

7:10 A.M. *Swimming
8:10 A.M. *Aerobics
9:00 A.M. Wii/Pinochle
9:30 A.M. Silk Reeling
11:45 A.M. Lunch
12:30 P.M. Bridge
12:30 P.M. Bingo
1:00 P.M. Scrabble
1:00 P.M. Bocce

TUESDAY

7:10 A.M. *Swimming
9:00 A.M. *Yoga Beginner
10:00 A.M. *Yoga Advanced
10:30 A.M. Italian Conversation
11:45 A.M. Lunch
2:30 P.M. *Beginner Tai Chi

WEDNESDAY

7:10 A.M. *Swimming
8:10 A.M. *Aerobics 9:00 A.M. Wii Tennis
11:45 A.M. Lunch
12:30 P.M. Cards
1:00 P.M. Bocce
1:00 P.M. Musical Jammers

THURSDAY

7:10 A.M. *Swimming
9:00 A.M. Wii Golf
9:00 A.M. *Yoga Inter.
10:00 A.M. *Yoga New Beg.
10:00 A.M. Knitting
11:45 A.M. Lunch
12:30 P.M. Mah Jongg
12:30 P.M. +Art Class
1:00 P.M. Bocce
2:30 P.M. *Tai Chi

FRIDAY

7:10 A.M. *Swimming
8:10 A.M. *Zumba Gold
8:30 A.M. Poker
10:00 A.M. Setback card game
10:00 A.M. *Tap Dance Class
11:45 A.M. Lunch
12:30 P.M. +Duplicate Bridge
1:00 P.M. Bocce
1:30 P.M. Line Dancing Class
2:00 P.M. Chess Club

Looking for some fun? Join us in a game of

Wii Bowling on Mondays at 9 a.m. **Wii Games** on Wednesdays at 9 a.m. **Wii Golf** on Thursdays at 9:00 a.m.

Pool - There are two regulation size pool tables located in the Waverly Room.

Bocce on Wednesdays at 1:00 p.m. Check with the office for availability of the court on other days.

All activities marked with a * involve a \$24 Fitness Fee; those with a + involve a \$15 Activity Fee-- both are payable once every 6 months and cover January - June 2014 and July - December 2014. What a deal! The fees are due now.

Make checks payable to: Canoe Brook, Town of Branford

Membership: You must be a Branford resident age 60+, independent, and oriented. Stop by the front desk to complete a membership application. Dues are \$ 8. per year. Mailing address: 11 Cherry Hill Rd., Branford, CT 06405

Canoe Brook Calendar August 2014 Special Events & Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 2:00 Internet Basics	2
3	4 1:00 Genealogy	5 1:00 Low Vision	6	7	8	9
10	11 10:30 Table Topics	12 9:00 Newcomers Breakfast 12:30 Hot Topics 1:00 Book Club	13 8:45 <u>Trip</u> : Wolf Conservation Center	14 9:00 <u>Trip</u> : Job Lot 10:00 Tutu Cute Bag 2:00 Smartphone Savvy	15 9:00 Brain Bashers 12:00 Lunch Bunch	16
17	18 10:30 Emergency Preparedness	19 1:00 Fidelco Service Dog	20 10:00 Jewelry Making 2:00 Tablet Touch	21 10:00 Tutu Cute Bag 11:00 <u>Trip</u> : CT Open 12:00 Blood Pressure	22 10:00 Movie: Bill Cunningham NY	23
24/31	25 10:30 Jewelry 2:20 <u>Trip</u> : Big Y Healthy Eating Tour	26	27 9:00 <u>Trip</u> : Newport Playhouse	28 12:00 Lunch Bunch	29 10:00 Legacies of White Gold 1:30 Ballroom Line Dancing	30

Schedule of Daily Activities

MONDAY

7:10 A.M. *Swimming
8:10 A.M. *Aerobics
9:00 A.M. Wii/Pinochle
9:30 A.M. Silk Reeling
11:45 A.M. Lunch
12:30 P.M. Bridge
12:30 P.M. Bingo
1:00 P.M. Scrabble
1:00 P.M. Bocce

TUESDAY

7:10 A.M. *Swimming
9:00 A.M. *Yoga Beginner
10:00 A.M. *Yoga Advanced
10:30 A.M. Italian Conversation
11:45 A.M. Lunch
2:30 P.M. *Beginner Tai Chi

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